



A. Index Finger

Small: 4.4 - 6 cm
Medium: 5.5 - 7.5 cm
Large: 6.6 - 9 cm

B. Palm

Small: 15 - 18.7 cm
Medium: 19 - 21.9 cm
Large: 22 - 26 cm

C. Wrist

Small: 15 - 19 cm
Medium: 16.5 - 21.6 cm
Large: 19 - 23.5 cm

D. Forearm

Small: 17.8 - 23.2 cm
Medium: 23.5 - 28.7 cm
Large: 28.9 - 34.3 cm

E. Bicep

Small: 21.6 - 39.4 cm
Medium: 27 - 45 cm
Large: 32.4 - 50.5 cm

F. Length

Short: 37 - 43 cm
Long: 42 - 56 cm